

First Alternative Co-op

# BUDGET Bites

Vol. 5, Issue #6  
June 2014

**Meal plan, shopping & recipes for  
2 adults, 6 nights, under \$50.**

## Menu:

Crockpot Black Bean Soup

Black Bean and Mushroom Fajitas

Corn Fritters and Refried Beans

Veggie Burgers Olé

Potato Tacos

Huevos Rancheros

# BUDGET BITES VOL. 5 #6

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Crockpot Black Bean Soup	Black Bean and Mushroom Fajitas	Corn Fritters and Refried Beans	Veggie Burgers Olé and homemade corn chips	Potato Tacos	Huevos Rancheros and warm tortillas
In fridge for later: 3 cups black beans and liquid for refried beans.	In fridge for later: black beans and liquid	In fridge for later: 4 (1/2 cup) servings of refried beans	In fridge for later: yellow corn tortillas		


## SHOPPING & RECIPES

We chose organic wherever affordable, and picked what we'd use at home—the best value rather than the absolute cheapest. We also assumed you had a few things in the pantry, which were not included in the shopping total.

### IN THE PANTRY:

high heat oil	fresh garlic
salt	chili powder
black pepper	paprika
apple cider or white vinegar	flour
coriander	cumin
burger condiments	oregano




### BULK:

\_\_\_ 1 lb black beans  
\_\_\_ 2 Tbsp smoked salt  
\_\_\_ 1/2 lb frozen corn   
\_\_\_ 1/4 cup oats


### DAIRY & CHEESE:

\_\_\_ 1/2 lb. Monterey Jack cheese

### GROCERY:

\_\_\_ 1 pkg Rapunzel Bouillon cubes  
\_\_\_ 1/2 dozen eggs  
\_\_\_ 16 oz salsa   
\_\_\_ 1 can green chilies  
\_\_\_ 2 pkg corn tortillas   
\_\_\_ 1 pkg. large flour  
\_\_\_ brown rice tortillas 

### PRODUCE:

\_\_\_ 2 green bell peppers  
\_\_\_ 1 red bell pepper  
\_\_\_ 3 onions  
\_\_\_ 1 bunch green onions  
\_\_\_ 1/2 lb crimini mushrooms  
\_\_\_ 1 lime  
\_\_\_ 1 bunch cilantro  
\_\_\_ 2 carrots  
\_\_\_ 1 1/2 lb potatoes 

# BUDGET Bites

We are very excited to help you with a week's worth of menus that should feed two adults for six nights for less than \$50! Planning is everything when sticking to a food budget, so we have simplified that part for you. These menus assume you have some cooking skills, own a basic reference cookbook and have a few staples on hand in the pantry.

Many of the recipes will even yield enough for a tasty lunch the next day!

June is a time of celebrations so this month, we are having dinner fiesta style, olé!

The basis for most of these recipes is the Crockpot Black Bean soup. Enjoy it garnished with fresh veggies the first night, then transform the left-overs into creamy refried beans that you'll use in three other recipes! Refried beans can be enjoyed "plain". This recipe includes a bit of salsa but feel free to play with added ingredients such as shredded cheese, diced onions, chopped cilantro or sour cream!

You'll have enough beans and extra tortillas to roll up some impromptu refried bean mini-burritos. You can also freeze left-over beans or refried beans in portioned out containers for future use....wow!

## The Recipes

### Crockpot Black Bean Soup

*Yield: 8 cups*

1 pound black beans, rinsed  
3 Rapunzel cubes plus 6 cups of water  
1 onion, diced  
1 green bell pepper, diced  
3 garlic cloves, diced  
1-2 Tbsp smoked salt  
black pepper to taste  
1/3 cup white or apple cider vinegar  
2 green onions sliced for garnish  
1/4 to 1/2 red bell pepper, julienned for garnish

Place beans into crockpot with bouillon cubes, water, onion, green bell and garlic. Cook on low over-night, at least 12 hours. Stir in smoked salt, pepper and vinegar. Let cook another 15-30 minutes. Add garnish and serve hot. Refrigerate remaining beans and liquid as ingredients for remaining recipes!

### Black Bean & Mushroom Fajitas

1 Tbsp oil  
3 cloves garlic, chopped  
1 large onion halved and sliced  
1/2 pound crimini mushrooms, sliced  
1/2 green bell pepper  
1/2 red bell pepper  
1 tsp cumin  
1/2 tsp coriander  
1 tsp chili powder  
1 tsp paprika  
1 lime, juiced  
Salt and pepper to taste  
1 cup cooked black beans  
1/2 cup black bean soup liquid  
1 package burrito size tortillas  
1 cup shredded Monterey Jack cheese

Heat oil in a large sauté pan, add garlic, onion and mushrooms. Sauté over medium heat until onions start to become slightly translucent. Add bell peppers and spices. Cook for another 5 minutes. Add cooked beans and liquid and reduce heat. Cook until beans are warm (another

3-5 minutes). Stir in lime juice, add salt and pepper and remove from heat. Serve with shredded cheese inside tortillas.

### Corn Fritters

1 1/4 cups frozen corn, defrosted  
1/4 cup flour  
2 eggs, beaten  
3 green onions sliced  
1/2 bunch cilantro, chopped fine  
1 tsp chili powder  
1 tsp cumin  
1 tsp black pepper  
1/2-1 tsp salt  
1-2 Tbsp oil

Combine all dry ingredients in a bowl, mix well then stir in eggs and veggies. Heat oil in a skillet on medium high. Drop approx. 1/4 cup of mixture onto the hot oil, flatten to form a fritter. Cook until brown on one side then flip and cook on the other side. Garnish with salsa if desired.

### Huevos Rancheros

1 Tbsp oil  
4 eggs beaten with 2 Tbsp water  
1/3 cup salsa  
salt and pepper  
6-8 yellow corn tortillas, heated  
1/2 c Refried beans  
1/4 bunch cilantro, chopped fine

Season beaten eggs with salt and pepper. Heat oil on medium low. Pour eggs into hot pan, scraping with a spatula to cook evenly. Add beans & salsa into the eggs, remove from heat. Garnish with cilantro and serve with warm tortillas.

### Potato Tacos

1 1/2 pounds boiled potatoes, smashed  
1/2 onion, diced small  
1 Rapunzel cube  
1 cup water  
1 1/2 tsp cumin  
3 garlic cloves, crushed  
1/2 cup grated Monterey Jack cheese  
1 tsp salt  
1 tsp pepper  
2 tsp oregano leaves  
oil

yellow corn tortillas  
salsa for garnish

Combine all except last three ingredients in a bowl. Mix well. Warm tortillas just long enough so they become flexible. Fill tortillas with 3-4 Tbsp of mixture, roll up. Heat oil on medium-high, place tortillas seam side down until golden brown, then turn until all sides are golden.

### Veggie Burgers Olé

1 1/2 cups refried beans  
1/4 cup oats  
1/2 onion, diced small  
3-4 cloves garlic  
1 tsp salt  
1 can green chilies, chopped fine  
1/2 cup carrots diced small  
1/2 green bell pepper, diced small  
2-3 Tbsp flour (only as needed to thicken)  
2-4 Tbsp oil  
Burger buns & condiments

Combine all ingredients except last two ingredients in a bowl until you get a "dough". Form into 1/4" thick patties. Heat oil in skillet on medium. Cook patties until golden brown on both sides. Serve on buns with your favorite condiments.

### Refried Black Beans

*Yield: 6 (1/2 cup) servings*  
1/4 cup oil  
3 cups cooked black beans  
1 -2 cups liquid from bean soup  
Salt to taste  
1/2 cup salsa  
Heat oil in a sauté pan over high heat, add beans, reduce heat & smash with a potato masher. Add liquid as needed for desired texture. Stir in salt and salsa to taste.

### Homemade Corn Chips

6-8 yellow corn tortillas  
2-4 Tbsp oil  
Salt to taste

Cut tortillas into 2" triangles or strips, toss with 2 Tbsp oil. Heat remaining oil on medium-high, add tortillas, fry until crispy, stirring often. Sprinkle on salt while chips are still hot.

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